

Improving Life



Leading the industry in employee and family assistance, organizational wellness, and disability prevention services.

Homewood Health brings a one-of-a-kind approach to the market with unparalleled clinical quality backed by the expertise of one of Canada's leading mental health and addiction centres. Employees and family members with 'at risk' mental health and addiction disorders have access to advanced clinical support.

Our work-life services and educational tools are developed by psychologists and expert specialists, to help employees manage hectic lifestyles, and their own health and well-being in a way that fits with their lives.

Employee and Family Assistance Program (EFAP)

Overview

All of our EFAP services are preventative and intuitive to use. Our solutions allow easy and secure access. Clinical response is fast and available 24/7. Our coaching and counselling models are short-term and goal-oriented

Organizational Support

We offer the services of a dedicated Account Executive to fully support all expertise within your organization, including Human Resources, Occupational Health and Wellness Professionals.

Your Account Executive provides expert advice, consultation, and problem-solving. We provide an array of online tools including but not limited to a Health and Wellness library, workplace health information, and manager and leadership e-learning courses.

Crisis Management Services

On-Site Crisis Response • Post Incident Support and Monitoring • Peer Training

Coaching and Short-Term Counselling

Telephonic • E-Counselling • Video Counselling • In Person

Life Smart Coaching — Lifestyle and Specialty Coaching

Life Balance Solutions

Childcare and Parenting Services • Elder and Family Care Services • New Parent Support • Legal Advisory Services • Financial Advisory Services • Relationship Solutions • Grief and Loss • Stress Solutions

Health Smart Coaching

Smoking Cessation Program • Nutritional Coaching

Contact us to learn more.

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Homeweb.ca



Homewood
Health | Santé



Homewood Health: Improving Life

- Jumpstart your Wellness

Career Smart Counselling

- Career Counselling • Pre-Retirement Planning Service
- Shift Worker Support

Online Resources

- E-Learning Courses • Health and Wellness Library • Health Risk Assessment
- Childcare Service and Eldercare Service Locator

Homewood Health offers additional services, outside of EFAP, including Organizational Wellness and Employee Health Management.

i-Volve: Online CBT Treatment for Depression and Anxiety

i-Volve is an online, self-paced treatment program for depression and anxiety using cognitive behavioural therapy (CBT), the current best-practice treatment approach for these conditions. The program is divided into specific treatment streams for depression, anxiety and overall mental health.

This innovative treatment program will guide you through exercises that examine and test how you interpret and perceive external stimulation. These insights will help you change and adapt the ways in which you think, feel, and react in various situations. i-Volve will help you to identify, challenge and overcome your anxious and/or depressive thoughts, behaviours and emotions.

Self-Guided: Work at Your Own Pace

Unlike traditional CBT programs delivered in a therapist's office, Homewood's i-Volve is available 24 hours a day, seven days a week, wherever you choose to access it, and we designed it to allow you to work at your own pace.

Register now to access a unique range of tools and resources:

- Modules developed and reviewed by clinical experts
- A Session Diary and your personal homepage that contains all of the information you need to move through the program
- A Symptom Tracker and daily diary that tracks the severity of your anxiety and depression or related symptoms

Organizational Wellness

Overview

Organizational Wellness offers an array of employee and productivity services that promote overall employee and organizational health.

Benefits

Homewood Health Organizational Wellness services are offered to assist organizations in making better choices when it comes to the management of human capital. The ultimate benefit is to help your human resource professionals and corporate leaders develop high performance organizations.

Health Promotions

- Employee Wellness Sessions • Leadership Workshops • Health Challenge Events • The Team Achievement Program • Workplace Wellness Experts • Health Kiosks

Workplace Interventions

- Workshops, facilitation and coaching (violence, harassment, bullying, change, downsizing, respect) • Conflict Resolution Services

Surveys and Scans

- Workplace Health Scan • In-Depth Organizational Assessments

Selection and Succession

- Screening and Assessment • 360 Assessments • Leadership and Management Coaching

Disability Prevention

Overview

Homewood Health Disability Prevention services help employees return to work in a safe, timely, and sustainable manner.

Benefits

A well-designed, progressive, integrated disability management program can shorten, or even prevent, employee absences, reduce costs, and maintain productivity. We apply consistent principles, complementary processes, and a proactive 'best practices' approach to disability management.

Substance Abuse Expert Services

Assessment with complete diagnosis

Depression Care (longer-term therapy)

Trauma Care (longer-term therapy)

Fitness to Work/Return to Work Psychological Assessments

Psychological Assessment and Long-Term Treatment Services

Relapse Prevention

Case Management • Post-Assessment Treatment

Contact us to learn more.
employers@homewoodhealth.com
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